

NOVEMBER/DECEMBER 2021 • VOLUME 16 ISSUE 6

COMMUNITY WELLNESS



NOVEMBER IS DIABETES AWARENESS MONTH

Did you know:

- More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.
- More than 88 million US adults—over a third—have prediabetes, and more than 84% of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).

Prediabetes can lead to type 2 diabetes and also increases risk for heart attack and stroke, but it doesn't have to. You can take steps to reverse prediabetes or slow the onset of type 2 diabetes.

The Florida Department of Health offers the **National Diabetes Prevention Program (National DPP)** lifestyle change program, which is proven to prevent or delay type 2 diabetes.

Diagnosed with diabetes? The Florida Department of Health offers **Diabetes self-management education and support (DSMES)** services that empower people to reach their daily and lifetime goals for living well with diabetes.

Interested in learning more call (813) 307-8009 or email to programinfo@flhealth.gov.



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The Digital Divide

LESLENE E. GORDON, PHD, RD, LD/N
COMMUNITY HEALTH DIRECTOR

Today I figured out, all by myself how to use a background screen that someone sent me for a Zoom meeting and how to set it up for the presentation we are working on together. I can hear some of you snickering. In your estimation, this is no big deal. A 10-year-old child could do that, right? Well, dinosaur that I am, it was an achievement for me! I have learned a lot of technology related skills in the past year, and I suspect it won't end. It seems that the pace of technology will move even faster going forward.

Someone asked me recently to speak futuristically about what I envisioned our world would be like professionally in the future. The first thing that came to my mind was communication. I don't think communication concerns ever go away for those of us who are charged with health promotion or healthcare responsibilities, and who provide health information to individuals and the community. As professionals in public health and other disciplines we will need to up our game in communicating to an audience that has vast electronic information resources, who don't trust science, and who are only willing to listen if you are entertaining and can deliver in Twitter speed. Now that is quite the challenge. But added to that will be those in our community who will not have the resources needed to access future high-tech health services being offered. Think about all the people during the pandemic who did not have the equipment or knowledge to participate in virtual health care visits when providers were limiting in-person patient visits. It's possible we are only starting to understand the digital divide. The digital divide is the gap between those who have access to technology, the internet and digital literacy training and those who do not. It affects access to healthcare, education, and services.

For providers, a commitment to lifelong learning, staying informed on technology trends, being open to new methods of delivering healthcare and prevention messages, and a willingness to reinvent ourselves will be essential for future success. Certainly, I can't predict the future and can't pinpoint the specific technology and skills that we will need to acquire in the future. I also don't know how affordable technology will be in the future or even how empowered people will feel to utilize new models and products. But it makes sense that we would want to be planning and thinking about these things now and through a lens of equity for the sake of those who are less educated, poor, old, or are dinosaurs.

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Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Copy Editors: Kelsey Christian, Jennifer Waskovich

Pumpkin-hazelnut Tea Cake

If pumpkins are in season, roast a small pie pumpkin and puree the flesh in a blender or food processor for this loaf cake. Otherwise, use canned pumpkin.

Ingredients

- 3 tablespoon oil, canola
- 3/4 cup pumpkin, puree or homemade
- 1/2 cup honey
- 3 tablespoon sugar, brown (packed)
- 2 eggs lightly beaten
- 1 cup flour, whole-wheat (whole-meal)
- 1/2 cup flour, all-purpose (plain)
- 2 tablespoon flax seeds
- 1/2 teaspoon baking powder
- 1/2 teaspoon allspice, ground
- 1/2 teaspoon cinnamon, ground
- 1/2 teaspoon nutmeg, ground
- 1/4 teaspoon cloves, ground
- 1/4 teaspoon salt
- 2 tablespoon nuts, hazelnuts, chopped



Instructions

- Preheat the oven to 350 F. Lightly coat an 8-by-4-inch loaf pan with cooking spray.
- In a large bowl, using an electric mixer on low speed, beat together the canola oil, pumpkin puree, honey, brown sugar and eggs until well blended.
- In a small bowl, whisk together the flours, flaxseed, baking powder, allspice, cinnamon, nutmeg, cloves and salt. Add the flour mixture to the pumpkin mixture and, using the electric mixer on medium speed, beat until well blended.
- Pour the batter into the prepared pan. Sprinkle the hazelnuts evenly over the top and press down gently to lodge the nuts into the batter. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Turn the loaf out of the pan onto the rack and let cool completely.

Serves 12

Domestic Violence: What you can do about it

Jen Shtab, MA
Community Trainer - Coordinated Community Response
The Spring of Tampa Bay

If you have ever been concerned for the safety of a family member or friend because of their partners controlling or abusive behaviors, you are not alone. According to the Department of Justice, 1 in 3 women and one in seven men will experience domestic violence in their lifetime in the United States. In fact, domestic violence is the leading cause of injury to women – more than car accidents, muggings, and rapes combined.

Domestic violence is defined as a pattern of behaviors used by adults against other household members to establish power and control. It may include threats, isolation, using children, physical abuse, emotional abuse, and financial abuse. It can include any behaviors used to maintain fear, intimidation, and power over another. Abuse is a choice and a tool. It is justified by the abusive partner who typically has a sense of entitlement and believes that their needs are above the rest of the family; they know best.

Domestic violence impacts **every community** and affects people of **all genders, races, and sexual orientations** — **anyone** can experience or perpetrate domestic violence.

Domestic violence does not discriminate; no matter your age, race, religion, culture, gender identity, sexual orientation, educational background, or economic status - anyone can become victim of domestic violence. The most common question is, why don't they "just" leave. It's important to understand that leaving an abusive relationship is not an event. It is a process in which safety planning is an important aspect. The question also

implies a lot of victim blaming and fails to recognize the complex barriers faced by survivors including but not limited to financial restraints, deep isolation, shame, culture or religion, hope, parenting and fear. The fear of what will happen if they do leave has often been reinforced by messages throughout the relationship. "No one will love you." "I'll have the children taken away from you and you'll never see them again." "No one will believe you." "You'll have nowhere to go." "I will make you regret it." "I will kill you."

The most dangerous time in an abusive relationship is the two weeks after the survivor has left. Again, think power and control. The loss of power can cause an escalation in violence. Despite the dangers associated with domestic violence many survivors and professionals still minimize the seriousness of this crime.

We can all make a difference in the lives of those we care about and reduce the societal stigma associated with domestic violence in the following ways:

- Believe when someone takes the courageous step in disclosing abuse
- Learn to recognize the signs
- Express your concern for their safety
- Share resources about local services
- Avoid victim blaming
- Hold perpetrators accountable
- Be a media critic

Domestic violence is a term many survivors will not use to describe their situation. It's important that we know the signs and have non-judgmental conversations about relationships. Each one of us can make a difference in the lives of those we care about. We can also continuously reflect on our own relationship wellness and who we are as a partner.

Peace in the world begins with peace at home. Peace at home begins within each of us.

For more information, please visit www.thespring.org.

24-HOUR DOMESTIC VIOLENCE CRISIS HOTLINE: **(813) 247-7233**



Water: Too Much, Not Enough and Just Right

You've probably heard that you should drink plenty of water for better health. But what is the right amount for you to drink?

Each person has different water needs that depend on several factors, such as your health, the place you live and how active you are every day, according to the Mayo Clinic, which adds several studies have provided "varying recommendations."

The health organization notes that water comprises about 60 percent of your body weight, and all of your cells, organs and tissues require water to work correctly. And whenever you sweat, breathe, urinate or have bowel movements, water leaves your body. If you don't get enough water to replenish what's lost, you could become dehydrated, and your body might not be able to function normally.

Drinking water and other beverages, such as juice, milk and herbal teas, and eating foods containing water are good ways to boost your water intake. Drinks account for about 80 percent of your daily intake of fluid, while the remainder comes from food, according to the Mayo Clinic.

It notes that the commonly shared advice of drinking eight 8-ounce glasses of water each day is reasonable if you live in a state with a temperate climate and are a healthy adult. According to the Office on Women's Health, women who are breastfeeding should have more fluid in the form of water or other beverages. Talk to your health care provider for more information about how much water you should be drinking.

Several factors could affect how much water your body needs to stay hydrated, according to the Mayo Clinic. They include how much you exercise (and sweat); if you are pregnant or breastfeeding; if you are sick and lose fluids through a fever, diarrhea or other illnesses; and if you live in a humid or hot environment or at a high altitude.

It's recommended that you drink water before, during and after you exercise, and if you work out intensely for more than an hour, you can have a sports drink to replace the electrolytes you lose by sweating.

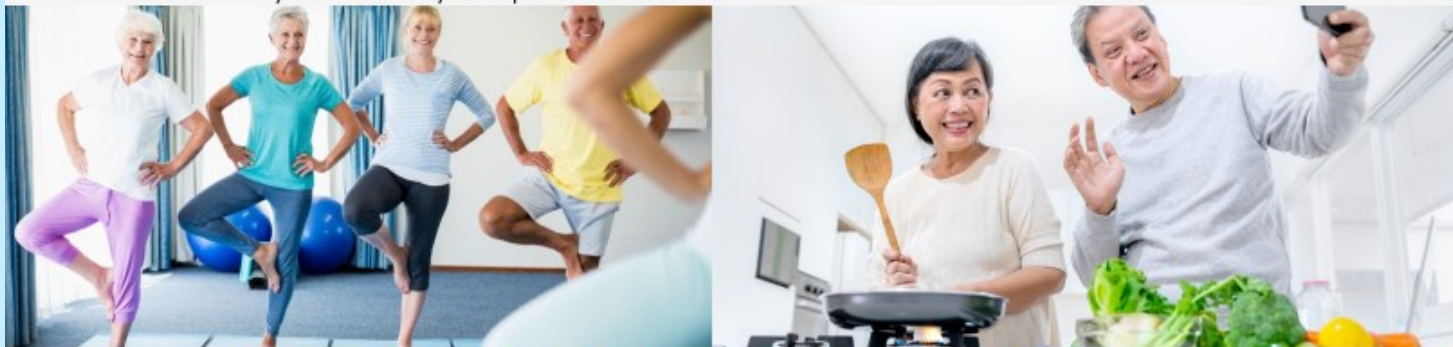
Drinking too much water is possible, but rare for a healthy adult who eats an "average American diet," according to the Mayo Clinic. It says a condition called hyponatremia could be a concern for some athletes who take part in endurance events or have intense and lengthy workouts. Hyponatremia can be life-threatening, and it occurs when your blood's sodium content is diluted when your kidneys can't get rid of the excess water you've consumed.



TAKE CHARGE OF YOUR BONE HEALTH!

Did you know... Tampa Bay has the highest rate of fractures in the United States? *

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!



Learn your risk of getting a bone fracture in the next 10 years. Click on this link to fill out the Fracture Risk Calculator: <https://americanbonehealth.org/frc-tampa/>



EATING FOR HEALTHY BONES™

To keep our bones strong and healthy for life, we need to feed them properly! Find out how by tuning in to Eating for Healthy Bones™, a free virtual event that will empower you.

Wednesday, October 27th, 12:00-1:00pm

<https://americanbonehealth.org/ehb-tgh-1027/>



STEPPING OUT STRONG™

Get your balance checked, and learn simple exercises you can do at home to improve balance, strength and flexibility.

Wednesday, November 17th, 12:00-1:00pm

<https://americanbonehealth.org/sos-tgh-1117/>



HEALTHY BONES FOR LIFE™

Peer Educators will share the basics of bone health and why it should be important to you.

Wednesday, December 15th, 12:00-1:00pm

<https://americanbonehealth.org/hbfl-tgh-1215/>

USF Health



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where there's a will, we are the way



Pinellas County Urban League

Empowering Communities.
Changing Lives.



GULF COAST RHEUMATOLOGY

**Collaborate.
Innovate.
Activate.**



**Sunstar
PARAMEDICS**



Based on claims data from Symphony Health Solutions; data period Jan-2018 to Dec-2018. Tampa Bay Area is defined as Tampa-St. Petersburg-Clearwater statistical metropolitan area.



Flexibility: Stretch your way to better health

You might be thinking that it's hard to carve out time in your schedule for exercise, let alone stretching. But most cardio and strength-training programs cause your muscles to tighten. That's why it's important to stretch regularly to keep your body functioning well.

Regular stretching:

- Increases flexibility, which makes daily tasks easier
- Improves range of motion of your joints, which helps keep you mobile
- Improves circulation
- Promotes better posture
- Helps relieve stress by relaxing tense muscles
- Helps prevent injury, especially if your muscles or joints are tight



Stretching essentials

Keep these key points in mind:

- **Target major muscle groups.** When you're stretching, focus on your calves, thighs, hips, lower back, neck and shoulders. Also stretch muscles and joints that you routinely use at work or play.
- **Warm up first.** Stretching muscles when they're cold increases your risk of injury, including pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes. If you only have time to stretch once, do it after you exercise — when your muscles are warm and more receptive to stretching. And when you do stretch, start slowly.
- **Hold each stretch for at least 30 seconds.** It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area. Then repeat the stretch on the other side. For most muscle groups, a single stretch is usually sufficient.
- **Don't bounce.** Bouncing as you stretch repeatedly gets your muscles out of the stretch position and doesn't allow them to relax, making you less flexible and more prone to pain.
- **Focus on a pain-free stretch.** Expect to feel tension while you're stretching. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.
- **Relax and breathe freely.** Don't hold your breath while you're stretching.

Fit stretching into your schedule

As a general rule, stretch whenever you exercise. If you don't exercise regularly, you may want to stretch at least three times a week to maintain flexibility. If you have a problem area, such as tightness in the back of your leg, you may want to stretch every day or even twice a day.

Think about ways you can fit stretching into your daily schedule. For example:

- **Do some stretches after your morning shower or bath.** That way, you can shorten your warm-up routine because the warm water will raise muscle temperature and prepare your muscles for stretching.
- **Stretch before getting out of bed.** Try a few gentle head-to-toe stretches by reaching your arms above your head and pointing your toes.

What you should know before you stretch

You can stretch anytime, anywhere — in your home, at work or when you're traveling. But if you have a chronic condition or an injury, you may need to alter your approach. For example, if you have a strained muscle, stretching it as you usually do may cause further harm. Talk with your doctor or a physical therapist about the best way for you to stretch.

How Nuts Are These Health Benefits?

What snack tastes great, is loaded with protein and other nutrients, and offers a ton of other health benefits? Nuts! But not all nuts are created equal. Let's take a look at the top nuts ranked by their superfood superpowers.

Almonds

Topping the list of best-for-you nuts is the almond. Almonds contain fewer calories per ounce than most nuts, but still pack in the protein and fiber to help keep you full. They are also rich in heart-healthy fats, plus other nutrients like vitamin E, magnesium, phosphorus, potassium, calcium and iron. Research suggests that almonds may help lower "bad" LDL cholesterol and blood pressure, too.



Pistachios

Another diet-friendly option, pistachios are a good source of protein, fiber, healthy fats, iron and potassium. They're also packed with cancer-fighting antioxidants and may improve blood pressure and prevent heart disease.

Walnuts

Walnuts might be the heart healthiest of all heart-healthy nuts, with high amounts of an omega-3 fatty acid. Walnuts have been shown to improve heart arrhythmias and reduce both inflammation and oxidation in the arteries.

Cashews

Along with the nutrients to support heart health that you might expect, cashews contain a ton of minerals and antioxidants that help protect the blood, bones, nerves, immune system, eyes and skin!

Pecans and Brazil nuts

Both of these varieties supply nutrients essential for men's health. Pecans are packed with beta-sitosterol, which is a natural plant steroid that can shrink an enlarged prostate. The large Brazil nut is loaded with selenium (a whole day's worth in just one nut!), a mineral that may help prevent prostate cancer.

Honorable mention: Peanuts

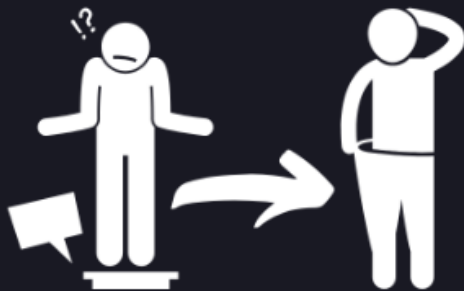
Peanuts aren't *really* nuts, but it's hard to leave them off any list of nut-ritious foods! Chock full of folate, vitamin E, flavonoids and amino acids, peanuts help boost brain development in unborn babies and young people, and they may help prevent declining brain function as we age.

The takeaway

Nuts are good for you. Period. Just remember to eat them in moderation, and opt for raw or dry-roasted nuts rather than their oily, salty, chocolate-covered counterparts.

PARTICIPANTS LOSE 7-8% OF TOTAL BODY WEIGHT

- CDC data supports that losing at least 5% of total body weight reduces the risk for diabetes by 58-71%
- DOH-Hillsborough participants learn skills to lose more weight than other programs
- Personalized support in the program helps participants achieve their goals for lifelong health



Florida Department of Health in Hillsborough County | Community Health Division
4704 W. Montgomery Avenue, Tampa, FL 33616
Phone: 813.307.8071
Fax: 813.307.8009
Email: ProgramInfo@FLHealth.gov

PARTICIPANTS INCREASE PHYSICAL ACTIVITY

- 100% of participants increase their physical activity
- CDC recommends at least 150 minutes of physical activity a week
- Participants learn how to be active without intense exercise



PROGRAMMING IS FLEXIBLE

- All programs are offered virtually as well as in person
- Programs offered flexible days and times to fit any schedule
- All sessions are facilitated by licensed dietitians or certified health educators



Connect with us
[Twitter.com/DOHHillsborough](https://twitter.com/DOHHillsborough)
HealthiestWeightFlorida.com
GetIntoFitnessToday.net
Hillsborough.FLHealth.gov

HOW YOUR HEALTH IS AFFECTED BY WORKING FROM HOME

By Evelio Perez-Hernandez
FDOH Employee Health Literacy Committee Member

During this pandemic, working from home has become the new norm for many of us. This of course has its benefits, like saving time by not being stuck in traffic everyday. However, working from home can also lead to a less active lifestyle, decreased social support from colleagues, possible changes to a healthy diet, and weakened posture.

- Physical inactivity increases the risk of cancer, heart disease, stroke, and diabetes by 20–30%.
- Decreased social support from colleagues and participation in decision-making in the workplace can lead to feelings of emotional exhaustion, increased stress, and lack of connectedness.
- Weakened posture can cause back and shoulder pain, reduced circulation, and digestion problems.

SO WHAT CAN YOU DO?

STAY ACTIVE, STRETCH OFTEN, AND GET SOME AIR

At-home workouts and yoga have been the recent fitness trends thanks to the pandemic. There are plenty of easily accessible at-home workouts and yoga videos being posted online that can help get you started. Also, take time for frequent stretch breaks and remember to go outside a few times a day to get some fresh air.



USE NEW TOOLS TO SPEAK UP AND STAY IN TOUCH

Many of us are now using new tools that enable us to work from home. Use these tools and take advantage of opportunities to socialize with colleagues, like while waiting for a virtual meeting to start. It's also important to remember to participate in decision-making (when appropriate) by making sure to share your ideas with your team, responding to surveys, and actively participating in group discussions.

TRY SOMETHING NEW AND HEALTHY ON YOUR LUNCH BREAK

While working from home, that salad you forgot to grab in the morning from your fridge is now a thing of the past. That's a bright side to maintaining a healthy diet. But recognize it's also very easy to eat unhealthy while working feet away from the variety pack of Rice Krispy treats in your pantry (or your snack of choice). Also, working from home making cooking a healthy lunch everyday much easier. Try out a couple new healthy lunch recipes.



MIND YOUR POSTURE

Sitting for long periods of time can make our posture suffer. Every hour or so, check your posture and make sure you are sitting straight up, with both feet on the ground, and with your screen eye level. If possible, try to alternate between standing and sitting throughout the day. Taking time to stretch a few times throughout the day can help your posture as well.

2021 INFLUENZA & FLU VACCINATION

BY: SARA
ROBINSON, BSPH



CENTERS FOR
DISEASE
CONTROL &
PREVENTION



This season, all flu vaccines will be designed to protect against the four viruses that research indicates will be most common. Both the influenza A(H1N1) and the influenza A(H3N2) vaccine virus components were updated. Egg-based and cell culture based vaccines are designed to protect against the same strains.

Flu vaccines and COVID-19 vaccines can be given at the same time. It is possible to have flu and other respiratory illnesses like COVID-19 at the same time, so it's important to get vaccinated against both illnesses.

September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Adults, especially those older than 65, should not get vaccinated early (in July or August) because protection in this group may decrease over time. Children are advised to get vaccinated as early as possible.

Vaccination should continue throughout the influenza season, including into the spring months (for example, through May), as long as influenza viruses are circulating and providers have unexpired vaccine.

It is safe for pregnant women to receive the flu vaccine any time during pregnancy.

GIFT @ Work

A Worksite Wellness Program

HOW IT WORKS



Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4153** and learn how you can get started!

**EVERY DOLLAR
INVESTED YIELDS \$6
IN HEALTH-RELATED
SAVINGS**



Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

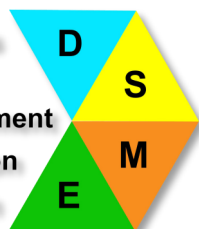
Call **813-307-8009** to register.

The logo for the 'BP For Me' program. It features the text 'BP F ME' in a bold, black, sans-serif font. The letter 'F' is replaced by a red heart with a white ECG line passing through it.

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



Get Into Fitness Together- a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment,
call **813-307-8082**.

Upcoming mobile mammography:

Tampa Family Health Center

To schedule an appointment, call Sophia at **813-284-4529**

Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth
through age 18, *even if one or both parents are working*).

To apply by phone, call **1-888-540-5437**, or

TTY-877-316-8748.

To apply online, visit: www.floridakidcare.org.



FL HEALTH CHARTS

Have you ever wonder
how healthy your com-
munity or state is? Or
how your own health status compares to other Floridians?
If so, Florida Health Charts is a great resource that paints
an accurate picture of the health status of our state — with
factual information.

The website continues to provide the most up-to-date
health statistics you'll find in Florida. Be sure to bookmark
the new site: www.FLHealthCHARTS.com.

PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation
www.hillsboroughcounty.org/

Plant City Parks and Recreation

<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation

<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation

www.templeterrace.com/

Farmers Markets around Tampa Bay

<https://www.american towns.com/tampa-fl/local-food/>

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Florida KidCare 307-8082

Weight Management 307-8071

Health Literacy 307-8071

Insulin Program 307-8082

Lead Poisoning Prevention 307-8071

School Health 307-8071

Sterilizations 307-8082

Office of Health Equity 307-8066

DISEASE CONTROL

HIV/AIDS Specialty Center 307-8064

Immunizations 307-8077

Sexually Transmitted Diseases 307-8058

Anonymous Testing 307-8058

Tuberculosis (TB) 307-8047

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) 307-8072

PUBLIC HEALTH

PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS

(birth & death records) 307-8002

* All numbers are area code (813) unless otherwise indicated.



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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